






# Eat Smart Be Smart



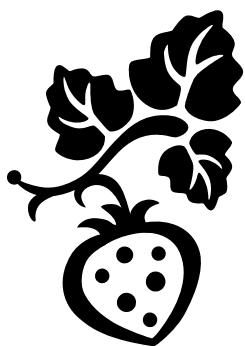
-  **Grade Level:** Kindergarten      **Estimated Lesson Time:** 30 Minutes
-  **Integrated Core Subjects:** Language Arts, Health Enhancement
-  **Montana Content Standard:** Speaking and Listening 1: Students demonstrate knowledge and understanding of the communication process.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Student Objectives:**
  1. Learn the importance of eating a variety of fruits and vegetables.
  2. Categorize foods as either fruits or vegetables.
  3. Identify five fruits and five vegetables.
  4. Listen to a description of a fruit and/or vegetable and be able to name it.

## Lesson/Activity

1. Ask students if they eat fruits and vegetables and have them name some examples. Ask the children if they know the difference between a fruit and a vegetable. Answer: fruit contains the seeds of a plant and vegetables are other parts of a plant (like leaves, roots, stems, flowers). Discuss fruits and vegetables and how fun and important it is to eat different ones to stay healthy, grow strong and feel good. Point out how colorful they are and brainstorm with the students fruits and vegetables that are the colors of the rainbow (for example, blueberries, strawberries, spinach, onion, corn, etc.).
2. Review with the students that they need to eat fruits and vegetables every day to get the vitamins and minerals (important nutrients) their bodies need to grow and stay healthy. Remind them that we eat roots, leaves, stems, pods, and seeds and have the students help name vegetables that represent the different components (i.e., carrots-root; lettuce-leaf; celery-stem, etc.).

## Materials Needed

- Crayons or markers.
- A copy of the Fun Fruit & Vegetable Find worksheet for each student.
- Five pictures (or actual pieces) of fruits and vegetables. Easy examples are: orange, apple, banana, kiwi, grapes; carrots, cucumber, celery, onion, potato
- Teacher reference handout: *Roots, Leaves, Stems, and Pods.*



3. Have students complete the *Fun Fruit & Vegetable Find* work sheet (foods shown are: strawberries, orange slices, celery sticks, broccoli, apple, pear, corn on the cob, baked potato, banana, and grapes).

4. Review the work sheet with the children pointing out the answers.

5. Have students listen to the riddles on the following page, name the food that you are describing, and say if it is a fruit or a vegetable.

*Continued on next page*

## Riddles

A. I am orange.

I grow on a tree.

I taste tangy and sweet.

I can be squeezed to make juice.

Who am I? *Answer: Orange—Fruit.*

B. I am red, yellow, or green.

I grow on a tree.

I sometimes taste sweet or sour.

It is said if you eat one of me a day it keeps the doctor away.

Who am I? *Answer: Apple-Fruit.*

C. I am orange.

I grow underground.

I am long and hard.

You can eat me raw or cooked.

I help you to see.

Who am I? *Answer: Carrot-Vegetable.*

D. I am yellow or white.

I grow on a stalk.




I am sweet and crunchy.

My kernels can be on or off the cob.



Who am I? *Answer: Corn-Vegetable.*

6. Work with the children to develop a riddle on one of the items from the *Fun Fruit and Vegetable Find* work sheet.
7. Reinforce the importance of eating fruits and vegetables every day for a colorful, attractive, nutritious and delicious meal or snack. Ask the children to the name (write down or draw) a fruit and vegetable they plan to eat today.

## Outcome Goals

-  Students will be able to identify a variety of fruits and vegetables.
-  Students will be able to categorize foods into the fruit or vegetable group.
-  Students will name one fruit and vegetable they will eat today.

## Extending the Lesson:

-  Read the book, Eating the Alphabet: Fruits and Vegetables from A to Z by Lois Ehlert, to the children.
-  Select foods from the book as new vocabulary words as the kids are learning the letters throughout the year.



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## Acknowledgments/Adapted From

U.S. Department of Agriculture, Team Nutrition/MyPyramid and  
Denise Zimmer, RD